



## *Healthy Nutrition Guidelines*

Dear patients. This pamphlet is created to inspire you towards healthier eating habits.

A change in lifestyle is often more effective in reducing the rates of heart disease, hypertension, heart failure, cancer, diabetes and premature death than almost any other medical intervention. Lifestyle changes are a part of a holistic approach to patient care, treating the patient as a whole and not just their symptoms. Combined with homeopathic care a significant improvement in health is a sure outcome. Besides exercise, meaningful activities, healthy relationships and wholesome plant based nutrition are key to finding and maintaining vibrant health.



### 1. Drink plenty of water

Ideally water intake would assume 3.7 l fluids for men and 2.7 l for women. These numbers are cumulative and refer to the total intake of liquids per day. Many patients are dehydrated and regular intake of water can alleviate inflammation, improve digestion and bowel health, reduce the feeling of hunger and the need to take solid food.

### 2. With the exception of a daily smoothie, don't drink your calories

Please refrain from drinking soda which will not only spike your blood sugar level due to high sugar content. Preservatives like phosphoric acid can cause bone loss and kidney disease and citric acid can cause dental erosion.

Though much sweet fruit can be blended into a smoothie, whole fruit and can pass as healthy. Caution when you are diabetic, though sweet fruit would not be your choice to begin with.



### 3. Get most of your food from plants

Plant based diets are known to be the equivalent to quitting smoking.

You don't need meat to get your Protein. There are food combinations and single foods as well, that provide you with the complete protein, or rather complete Amino Acid spectrum your body needs.

Seeds, nuts and legumes may be high in amino acids and protein but may not offer the complete protein by themselves. For this reason food items need to be combined. Examples are traditional dishes such as rice and beans as well as hummus and pita. Both dishes offer the full protein needed to provide your body with the necessary building blocks.

Single food items that cover the whole amino acid spectrum while the seeds even contain the perfect balance of omega 3 and omega 6 fatty acids are:

Protein content per 100g :

Hemp nuts	25 g	Pepitas	19 g
Chia seeds	16,5 g	Flax seeds	18 g
Sesame seeds	18 g	Quinoa	13 g
Tofu	40-48 g		

Eating a plant based diet is not only a healthy choice for our Planet by avoiding greenhouse gas emissions. It is also a healthier choice for you. According to Neal Bernard, clinical researcher, and founding president of the Physicians Committee for Responsible Medicine, diabetes can even be reversed by a low fat, vegan diet.

If you are not yet ready to give up meat then try to source your animal products from organic growers. The antibiotics in conventionally raised meat will affect your gut flora, allowing for the growth of unwelcome microbes that cause cravings and weight gain.

Watching the compelling documentary "What the Health" on Netflix may inspire you further to make better health choices.

#### 4. Make raw fruits and vegetables a big part of your diet

One good habit to develop is that of having a mostly-raw smoothie each morning and a big salad each afternoon. Combine this with a few pieces of fresh fruit for snacks throughout the day, and you're getting a significant amount of wholesome, raw food without even thinking about it.



#### 5. Try intermittent fasting

Not only what you eat, but also when you eat impacts hormone levels, cell function and gene expression. While fasting insulin levels drop drastically and levels of Human growth Hormone skyrocket, which benefits fat loss and muscle gain. While the body is not digesting, it can direct more energy towards cellular repair, cleansing and gene expression. Most commonly intermittent fasting is a powerful weight loss tool. It increases your metabolic rate, melts your belly fat and may even help you live longer. Further intermittent fasting has been shown to reduce inflammation, improve heart and brain health and even prevent cancer.

The simplest way is skipping breakfast and restricting your daily eating period to 8 hrs, e.g. from 12pm to 8pm. This would amount to 16 hours of fasting.

Do you face difficulties in changing unhealthy habits ? Do emotional issues prevent you from overcoming food cravings or other food issues? Building and maintaining a healthy gut flora as well as homeopathic treatments may help overcome these obstacles. The synergism of different health care approaches are key to restoring vibrant health.